

NOVEMBER BINGO

CONSISTENT SLEEP (7 NIGHTS 7+ HOURS)	WATER: DRINK YOUR WIEGHT IN OUNCES FOR 3 DAYS	SET A PR!	WRITE A GOOGLE REVIEW FOR SFBC	READ A BOOK FOR ENJOYMENT
SHOW APPRECIATION TO SOMEONE IN YOUR LIFE	BRING A FRIEND TO TRY BOOTCAMP	WEAR SOMETHING A BIT TOO SHOW-OFFY AND BE PROUD	TRY A CROSSFIT CLASS	EAT A PROTEIN YOU HAVE NEVER TRIED
GET A FRIEND TO SIGN UP FOR BOOTCAMP!	ATTEND 4 CLASSES IN A WEEK	SFBC ADDS 6 MEMBERS IN NOVEMBER	DO SOMETHING THAT LOWERS YOUR STRESS	DO SOMETHING OUTDOORSY
TRY A NEW HEALTHY RECIPE	DO TWO ROMWODS IN A WEEK	GIVE OR DO SOMETHING FOR A CHARITY	DO SOMETHING EXTREMELY NICE FOR A STRANGER	GET NUTRITIONAL SERVICES THROUGH SFBC
GO HIKING	CONTACT AN OLD FRIEND	GET PRIVATE COACHING THROUGH SFBC	MAKE AND POST A STRONGFIGURE RECIPE ON SOCIAL MEDIA	TAKE A WELL NEEDED RECOVERY BREAK

STRONGFIGURE
BOOTCAMP